ADD stands for Attention Deficit Disorder. ADHD, or Attention Deficit Hyperactivity Disorder is the official term that is used to describe attention disorders. ADD is a term that is typically adopted among nonprofessionals, and is usually used interchangeably with ADHD.

It is the most common behavioral disorder that young people are diagnosed with. Around 3 to 5% of school-age children are affected by ADHD. This disorder is typically diagnosed in childhood, but it is not limited in children and has gone undiagnosed into adulthood on occasion.

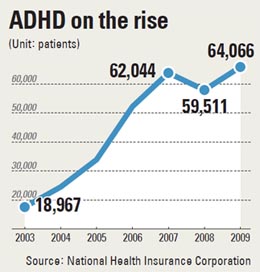
ADHD has many symptoms, such as being easily distracted, procrastination, disorganization, bored easily, difficulty following rules, often late, bored easily, impulsive spending, frequently late, impatience.

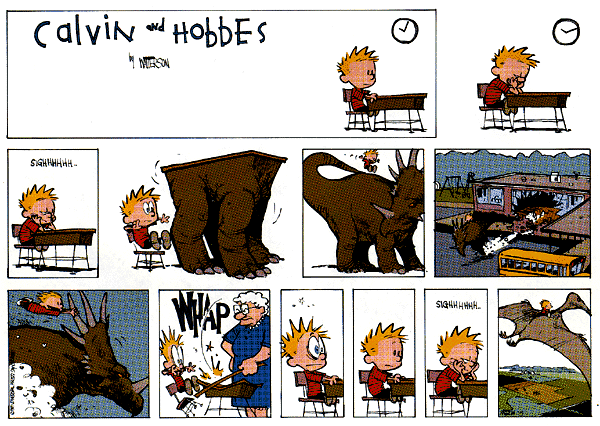
ADHD often occurs with a small list of other disorders: Oppositional Defiant Disorder, Conduct Disorder, anxiety and depression, communication/learning disability, Tourette’s syndrome, or Bipolar Disorder. Sometimes, ADHD can also be mistaken for these disorders.

Evidence shows that ADHD is a biological disorder and there is lower metabolic activity in the areas of the brain that control attention, judgment and movement. Evidence also shows that ADHD can be caused by genetics. ADHD often runs in families and is inherited. Lastly, some evidence suggests that ADHD can be caused by certain toxins. Smoking, drinking or other drug use during pregnancy, or exposure to a toxin such as lead can potentially lead to an individual developing ADHD.

ADHD can be treated through medications or behavioral therapy. Medications such as Ritalin and Adderall are famous for treating those with ADHD. They are stimulants and they improve activity in the parts of the brain that are affected by ADHD and improve attention and reduce impulsiveness, hyperactivity, and aggressive behavior.

Behavioral therapy has also been found to be affective. This involves stating clear expectations and rewarding positive behavioral changes. Those that are close to someone with ADHD such as family, friends, teachers, or neighbors must always remember to stay patient with those who have ADHD.





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